

Mind to Mind Contact with the Holy Tzaddikim

Hesed

- Go to a place where you will not be disturbed. Light a candle and some incense. Then follow the steps of the Silent Witness meditation. While your consciousness is inwardly gathered into the spiritual sun, pray that God sends a holy tzaddik to commune with you mind to mind and heart to heart – that divine grace might flow and a strong and true connection might be formed. Pray that God gives a host of forty holy angels charge concerning you, to come and form a matrix of light around you so that the environment is completely positive and good, and no deceiving spirits or klippotic forces can enter into it. Pray that the divine presence purify and bless you and abide with you in your meditation. Let your heart pray as you are inspired.
- Then be silent and shift your focus to the center above the head – become the silent witness. Instead of turning downward to watch the mind and heart, turn upward and open yourself to the Holy Shekinah and the luminous assembly. Listen and hear, and let your self be completely receptive to the divine presence and power that manifests. Perhaps there will be a heavenly voice. The aim of this method is not a vision, but rather a mind-to-mind and heart-to-heart transmission. It may well be that only after the meditation you become aware of a transmission having occurred. In any case, at the close of the meditation, give thanks and praise to the Holy One of Being for what you have received – whether something or nothing.
- For any practice like this to truly be effective, it must be part of a daily continuum of prayer and meditation. It is best to use this method in conjunction with other practices, like meditations on the Mother, Yeshua, or the Holy Bride, using another meditation as a daily practice and this meditation one to three times a week. As with any true spiritual practice, it may take some time to bear fruit. One must be patient and consistent, and learn to wait upon the Spirit of the Lord. “All good things come to those who wait.”